

Teaching The Word Ministries

The Lord of Hosts is With Us - *Selah*

Psalm 46

¹God is our refuge and strength, a very present help in trouble. ²Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea; ³Though its waters roar and foam, though the mountains quake at its swelling pride.

Selah.

⁴There is a river whose streams make glad the city of God, the holy dwelling places of the Most High.

⁵God is in the midst of her, she will not be moved; God will help her when morning dawns. ⁶The nations made an uproar, the kingdoms tottered; He raised His voice, the earth melted. ⁷The LORD of hosts is with us; the God of Jacob is our stronghold.

Selah.

⁸Come, behold the works of the LORD, Who has wrought desolations in the earth. ⁹He makes wars to cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariots with fire. ¹⁰Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth. ¹¹The LORD of hosts is with us; the God of Jacob is our stronghold.

Selah.

Selah, seh'-law : *suspension (of music), i.e. pause*. Root: to hang up, i.e. weigh, or (figuratively) value

Discussion Questions (pause and weigh)

1. What is the significance of the name, "The Lord of hosts?"
2. What is the essential message of this psalm?
3. As you embrace this truth by faith in greater depth what difference will it make:
 - in your personal life?
 - in your leadership in your business?
4. What will you do to build regular times of *selah* into your calendar so you can remember, cease striving, and know God with you as you lead your business in challenging times?